

Summer 2020 Self-Care Series: Nurturing Yourself Through the Season

5-week VIRTUAL interactive workshop series

July 15 - August 12, 2020

Every Wednesday

2 PM - 3:15 PM Eastern Time

Build a self-care practice that works for YOU

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Connect with and support the Middlebury, VT community (who miss you!) as they share how they engage with self-care.

Mindfully sip tea. Be cozy and talk about reading books.

Learn how to make homemade pasta. Venture virtually onto a flower farm. Make your own facial mask.

July 15th: Stone Leaf Tea House

July 22nd: Vermont Bookshop

July 29th: The Arcadian

August 5th: Diddle & Zen Flower Farm

August 12th: Parlour Salon & Spa

JOIN AT ANY POINT IN THE SERIES. ATTEND ANY OF THE WORKSHOPS.
OPEN TO ALL CURRENTLY ENROLLED MIDDLEBURY & MIIS STUDENTS.

TO SIGN UP AND RECEIVE THE ZOOM LINK FOR THIS WORKSHOP SERIES,
CONTACT MICHELLE KACZYNSKI AT MKACZYNSKI@MIDDLEBURY.EDU.

